



# Spine Services

Holy Cross Health's Integrated Approach  
to Improving Your Quality of Life

**HC** HOLY CROSS  
HOSPITAL

**HC** HOLY CROSS  
GERMANTOWN HOSPITAL





# Innovative Spine Care Available at Two Hospitals

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### **Holy Cross Hospital**

*1500 Forest Glen Road  
Silver Spring, MD 20910  
301-754-7000*

One of the largest hospitals in Maryland, Holy Cross Hospital has a more than 50-year history of serving the community, and offers patients all private rooms.



### **Holy Cross Germantown Hospital**

*19801 Observation Drive  
Germantown, MD 20876  
301-557-6000*

Conveniently located off I-270, Holy Cross Germantown Hospital offers upcounty residents high-quality care, the latest technology and private rooms.

**For more information, visit [HolyCrossHealth.org](http://HolyCrossHealth.org)**



## Advanced Treatments for Back and Neck Problems



When that aching back or chronic neck pain starts to get in the way of everyday living, Holy Cross Health's spine experts offer the advanced treatment options you need to restore your quality of life.

With a history of leadership in minimally invasive spine surgery, Holy Cross Health's expert neurosurgeons and orthopedic surgeons use the latest techniques to treat spine conditions ranging from the common to the complex.

A commitment to innovation and evidence-based practice fuels our spine program, with multidisciplinary specialists ready to create a care plan tailored to you and your restored mobility. Holy Cross Health's spine services include both non-surgical interventions and state-of-the-art surgical treatments, to help you return to your normal activities as quickly as possible.

To learn more about Holy Cross Health's spine services, visit [HolyCrossHealth.org/Spine](https://www.HolyCrossHealth.org/Spine) or call 301-754-8800.

# An Integrated Team Approach to Spine Care



We know everyone's pain is different. That's why our experts at Holy Cross Hospital and Holy Cross Germantown Hospital focus on personalized, patient-centered care to ensure your best possible results.

## Your Care Team

Holy Cross Health has assembled a team of experts from a number of medical and surgical specialties who work together to evaluate, diagnose and treat patients with spine-related problems. These specialists include:

- Board-certified neurosurgeons and orthopedic surgeons
- Anesthesiologists
- Case managers (nurses and social workers)
- Home care professionals
- Hospital-based physicians
- Neuroradiologists
- Neurologists
- Pain management specialists
- Physical and occupational therapists
- Physical medicine and rehabilitation physicians (physiatrists)
- Physician assistants
- Specially trained nurses
- Spinal oncologists
- Spine program support staff

To find an orthopedic or neurosurgery specialist in spine care, call 301-754-8800 or visit [HolyCrossHealth.org/SpineTeam](https://www.holycrosshealth.org/SpineTeam).



## Comprehensive Diagnosis and Treatment Planning

Finding the source of your back or neck pain can be a complex process. Your path to a better quality of life starts with a comprehensive evaluation by one of our specialists to pinpoint the cause of your discomfort.

Tests such as an X-ray, CT scan or MRI may be used to evaluate and diagnose your condition, and your doctor will discuss available treatment options with you. Together, you'll arrive at a care plan to meet your specific goals and needs, which may include non-surgical approaches or minimally invasive surgery.

## Offering the Latest Therapies for Patients

Symptoms like pain and headaches can stem from a number of spine-related issues. Thanks to Holy Cross Health's integrated team, our patients have access to the latest therapies for a wide range of conditions including:

### Degenerative Conditions

- Cervical or lumbar spinal stenosis
- Herniated cervical (neck) disc
- Herniated lumbar (back) disc
- Osteophytes, also called bone spurs
- Spinal stenosis
- Spine problems related to aging, caused by osteoarthritis

### Spinal Deformity

- Compression fractures
- Kyphosis
- Scoliosis and deformity of the spine
- Spine problems related to osteoporosis

### Back Injury and Mechanical Conditions

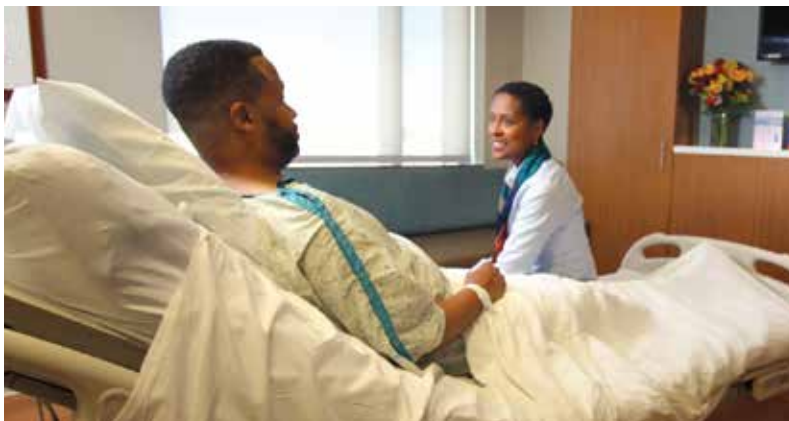
Complete evaluation and treatment is available for patients with more common back injuries or disorders such as:

- Mechanical conditions of the spine that can lead to chronic back pain
- Pain associated with the neck, arm, leg or pinched nerves (sciatica)

### Complex Spine Care

Holy Cross Health's spine team also offers special expertise in the medical and surgical management of more complicated back and neck issues, combining the skills of orthopedic surgeons and neurosurgeons to care for complex conditions such as:

- Infections of the spine
- Spinal cord and spinal column tumors
- Spinal instability
- Traumatic injury to the back and neck — spinal damage and spinal cord injury, affecting discs, nerves, muscles, ligaments or bones



## Recognized Commitment to Excellence

Holy Cross Hospital has received recognition for its specialty care of spine surgery patients, highlighting our commitment to safety and efficiency:



Holy Cross Hospital is the first hospital in Montgomery County to be certified for spine surgery by The Joint Commission, the premier health care quality improvement and accrediting body in the nation.



Holy Cross Hospital is recognized as a Blue Distinction® Center+ by Blue Cross Blue Shield for spine surgery. This national program designates facilities that demonstrate expertise in delivering quality specialty care.

# Managing Pain Without Surgery or After a Procedure



Chronic pain can have debilitating effects on your quality of life. Non-surgical therapies and pain management techniques can help alleviate back and neck pain for individuals who are not candidates for surgery. Or, if additional interventions for pain are needed after surgery, options are available through Holy Cross Health.

## Pain Management and Medication Therapy

Medication therapy can be very effective in keeping patients as functional as possible while minimizing the disruption of pain. At the Pain Management Center, located at Holy Cross Hospital, our team of board-certified pain management physicians and support staff works with you to provide state-of-the-art, personalized treatment for your chronic back or neck pain. Holy Cross Health's pain management team is dedicated to helping you achieve maximum function by effectively managing your pain, increasing your ability to return to normal daily functions.

Pain management approaches for back and neck pain may include:

- **Medication management and therapy**, including the use of innovative drug delivery technology such as an implanted drug pump or a patch worn on the skin. These options limit spikes in pain by delivering continuous medication slowly over time.
- **Cervical, thoracic and lumbar epidural steroid injections** to decrease inflammation at the nerve level
- **Localized anesthetic injections**
- **Spinal cord stimulation**, which utilizes a special implanted device that emits and sends mild electric pulses to the nerves, altering pain into a tingling sensation

For more information about the Pain Management Center at Holy Cross Hospital, call **301-933-8840**. Additional pain management approaches may be available directly through your physician or from other providers in the community.

## Physical Therapy

Available at Holy Cross Hospital, outpatient physical therapy for back and neck conditions focuses on the joints, muscles, tendons and ligaments that support the spine. Our interventions can help improve your posture, strengthen muscles, improve range of motion, manage your pain and restore function. And, we will educate you and provide the necessary tools to preserve and take care of your spine long after you are finished with therapy.

Through one-on-one sessions, Holy Cross Health's specially trained therapists can assess your condition and create an individualized treatment plan to help maintain spine health, delay or even avoid surgery. We're also here if physical therapy is recommended following a spine procedure.

To help limit pain and improve your mobility and function, your therapist may use a variety of techniques and interventions such as:

- Strengthening and stretching exercises
- Postural education and correction
- Joint mobilization
- Massage
- Assistive device training
- Home safety and mobility instruction
- Therapeutic modalities such as traction, ultrasound, heat or cold therapy, and electrical nerve and muscle stimulation

For more information about Holy Cross Health's outpatient therapy services, call **301-754-7340**.

## Exercise and Flexibility Classes

Exercise programs tailored to your mobility help to increase flexibility, improve range of motion and balance, build muscle and strength, and improve your overall health. Holy Cross Health offers a variety of fitness programs and classes that can provide relief from neck and back pain and even help prevent future debilitation and discomfort.

For more information about our health and wellness classes and programs, call **301-754-8800** or visit **HolyCrossHealth.org**.

## Frances' Pain Management Story



Frances is a Bethesda-based interior designer who lived with scoliosis, herniated discs and chronic back pain for decades. After a major spine surgery in 2008 didn't yield the results she was expecting, Frances began looking for alternative treatment options to improve her quality of life. That's when she found Holy Cross Hospital's outpatient Pain Management Center and board-certified specialists, who offered her a different treatment approach.

Frances' physician first implanted a spinal cord stimulation device, which reduced her leg pain by half. A few months later, she experienced a similar result for her back pain after beginning drug delivery through another implanted device — a pump and catheter that releases pain medication directly into the intrathecal space, thus eliminating the side effects of oral medication.

**“It's a miracle that I have my life back and can continue working and keep up with my teenage boys,” she says. “Everything at the center has been very positive. It's a tight-knit family and everyone on the team really cares.”**

# Minimally Invasive Spine Surgery



Holy Cross Health is a leader in developing and adopting a number of advanced, minimally invasive spine procedures. Our neurosurgical and orthopedic surgery teams perform hundreds of successful procedures on the back and neck every year and have trained hundreds of other specialists in these procedures.

## Expertise in Minimally Invasive Approaches

Thanks to the combined expertise of Holy Cross Health's orthopedic and neurosurgical teams, patients with conditions affecting both the bone structures in the back and neck as well as the nerves of the spine have access to the most comprehensive care. Minimally invasive spine procedures performed at Holy Cross Hospital and Holy Cross Germantown Hospital include:

- **Vertebroplasty**, a procedure usually performed on an outpatient basis that corrects and stabilizes spine fractures. Your doctor injects bone cement into the vertebrae that have cracked or broken, often due to osteoporosis. The cement stabilizes the fractures and supports your spine, greatly reducing your pain and returning you to daily activities.



- **Kyphoplasty**, also performed to treat compression fractures caused by osteoporosis. Your surgeon utilizes a balloon-like device to create space between damaged vertebra in the spine. Then, special cement can be injected into your vertebrae to restore height and help relieve pain.
- **Microdiscectomy**, a procedure that treats pain from herniated disks by removing material in the lower back that is pressing on your nerves. By using a special microscope, your surgeon has a larger visual field of the affected disc and nerves, allowing for a smaller incision that results in less damage to the surrounding tissue.
- **Foraminotomy**, a procedure performed to relieve nerve compression, which alleviates symptoms such as pain, stiffness, numbness and tingling.
- **Laminectomy**, another type of decompression surgery that relieves pressure on the spinal cord or nerves by enlarging the spinal canal.
- **Spinal fusion**, a procedure that joins together vertebrae by adding bone tissue.

Holy Cross Health spine surgeons also perform more complex, open procedures to meet patients' needs, such as spinal tumor resection. This surgery removes tumors (benign or malignant) from the spinal column for biopsy and helps to relieve compression of the spinal cord and nerves.

### Bringing the Benefits of Minimally Invasive Surgery to You

Patients who have minimally invasive surgeries experience less blood loss, fewer surgical complications and shorter hospital stays. In minimally invasive or "smaller-incision" procedures, our experienced surgeons use the latest surgical techniques and equipment. Advanced technology such as microscopes and GPS-like navigation systems help our surgeons guide instruments to the affected area of the spine with pinpoint accuracy, without damaging nearby tissue or structures.

### Spine Program Support

Our spine care team at Holy Cross Hospital and Holy Cross Germantown Hospital guides your patient experience from the planning stages through recovery. Our coordination ensures that you receive the personal care you want and the services you need. From pre-surgical planning, to arranging the necessary inpatient and outpatient services for recovery, our staff is here to help you through your entire spine surgery experience.



Over time, Joy's back pain got to the point where it would leave her bedridden for weeks. She had tried conservative treatment — such as medication and physical therapy, but without success. Joy knew that she would have to have two surgeries — one to repair her back and a separate one to repair her neck — and after four decades of worsening back pain, she finally had enough.

Joy had spinal stenosis and an unstable spine because her bones were misaligned. For her back surgery, Joy's orthopedic surgeon teamed up with a neurosurgeon, using the least invasive approach available for her issues. Later, Joy went back to her surgeon for minimally invasive neck surgery.

“Two years ago, I couldn't stand up straight. I can't believe I'm the same person,” says Joy.



# Preparing for and Recovering from Surgery



Successful spine surgery begins long before your scheduled procedure. Our team is with you through the entire process, and pre- and post-operative resources for your care are available if and when you need them. It's all part of Holy Cross Health's continuum of care.

## Pre-operative Preparation

Prior to your spine surgery, you will be asked to do some prep work to ensure a successful and seamless experience:

- **Read our Spine Surgery Patient Guide**, available online at [HolyCrossHealth.org/SpineSurgeryGuide](http://HolyCrossHealth.org/SpineSurgeryGuide), to receive important education for before, during and after your surgery.
- **Schedule Your Pre-operative Work-Up**. This work-up can be performed by your primary care physician for medical clearance and includes a chest X-ray, EKG and blood work.
- **Pre-register for Your Surgery**. To help ensure your surgery registration and check-in are as smooth as possible, please pre-register for your surgery online at [HolyCrossHealth.org/Prereg](http://HolyCrossHealth.org/Prereg), or by phone at **301-754-8300**.

- **Ask about a Home Safety Assessment**. By having a therapist come to your home before your procedure, he or she can help you identify equipment needs and make recommendations that allow you to recover from surgery safely in your home. For more information, call Holy Cross Home Care at **301-754-7747**.

## What to Expect After Surgery

Many spine surgeries are performed on an outpatient basis, with patients able to return home the very same day. If your procedure does require an overnight stay, our spine care team will keep you on the path to recovery.

### Recover in a Private Room

Spine surgery inpatients enjoy the comforts of a private room throughout their stay at Holy Cross Hospital or Holy Cross Germantown Hospital. Amenities such as room-service-style meal delivery, free wireless Internet access, cable television and a private bathroom add to your comfort and peace of mind. And, because patients benefit greatly from visitors, your designated support person is welcome to remain by your side and stay overnight on the sleeper sofa. For up-to-date visiting guidelines, visit [HolyCrossHealth.org](http://HolyCrossHealth.org).

### Follow a Proven Care Plan

If you spend time recovering from surgery in the hospital, you'll follow a care plan grounded in evidence-based practices to help get you back to your normal activities as soon as possible. The rehabilitation process is initiated soon after surgery to get you sitting and walking independently, which helps to prevent complications and reduce the length of your hospital stay.

Our experienced physical and occupational therapists will visit you to build up your strength and mobility, as well as help you perform activities of daily living like bathing and dressing. If necessary, our therapists can advise on adaptive equipment needs and make arrangements to support your recovery.

Pain management is an important component of the care plan, directed by our board-certified anesthesiologists and your physician to reduce any post-operative discomfort.

### Planning for Your Discharge

Discharge planning begins in advance of your procedure and continues afterward with input from all members of your care team. If after leaving the hospital you need a little extra support at home or a higher level of skilled nursing or rehabilitation care, our case managers are available to help you navigate a smooth transition.

## Home and Community-based Resources

Holy Cross Health offers a number of home and community-based resources to meet your individual needs. If you require support outside the hospital, remaining within the Holy Cross Health system allows for continuity and connected care. For more information, visit [HolyCrossHealth.org](http://HolyCrossHealth.org).

**Holy Cross Home Care** offers services such as physical and occupational therapy in your home, led by experienced professionals to help you restore mobility and function. **301-557-HOME (4663)**

**Holy Cross Private Home Services** offers personal care assistance in your home from certified nursing assistants (CNAs). **301-754-7780**

**Sanctuary at Holy Cross** is a skilled nursing and rehabilitation facility in Burtonsville, Md., that is affiliated with Holy Cross Health. **301-557-1400**

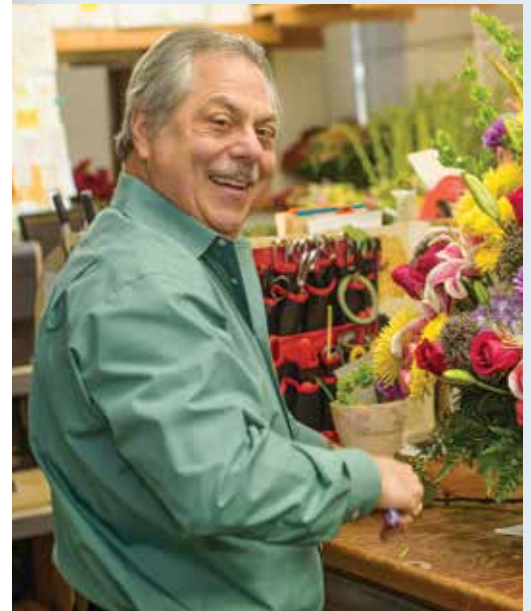
**Holy Cross Health Partners** are primary care sites owned and operated by Holy Cross Health, with locations at Asbury Methodist Village and in Kensington. Practitioners have expertise in geriatric medicine. Call **301-557-2110** for the Asbury Methodist Village location and **301-949-4242** for the Kensington location.

The **House Calls** program enables homebound older adults to receive primary care at home from nurse practitioners. **301-754-7965** or **301-754-7849**

**Holy Cross Senior Source**, located in downtown Silver Spring, offers physical activity, education and information on health and wellness for adults age 55 and older. **301-754-8800**

The **Holy Cross Caregiver Resource Center** eases the burdens on family caregivers by providing support groups and other resources to those caring for a loved one. **301-754-7152**

The **Holy Cross Medical Adult Day Center** offers a caring environment where seniors and medically disabled adults can participate in recreational activities and receive health care. **301-754-7150**



Because of a herniated disc, Paul was dealing with crippling back pain that made working at his floral design job virtually impossible.

After discussing his options with an orthopedic spine specialist, he underwent three procedures during his complex surgery at Holy Cross Germantown Hospital: a laminectomy, discectomy and spinal fusion.

“The hospital is state of the art and everyone is extremely nice,” he says.

Within two weeks, Paul was walking unassisted and driving a week later. Thanks to a dedicated surgeon and his own efforts in physical therapy, Paul is back at work doing what he loves — creating floral works of art.



# Meeting Health Care Needs and Improving the Health of the Community

Holy Cross Health is a Catholic, not-for-profit health system that serves patients through two hospitals, 12 primary and specialized care locations, and innovative community-based services, with the commitment to be the most trusted health care provider in the area.



## HC HOLY CROSS HOSPITAL

1500 Forest Glen Road  
Silver Spring, MD 20910



## HC HOLY CROSS GERMANTOWN HOSPITAL

19801 Observation Drive  
Germantown, MD 20876

[HolyCrossHealth.org](http://HolyCrossHealth.org)

## Important Phone Numbers

Holy Cross Hospital Main Number/Patient Information	301-754-7000
Holy Cross Germantown Hospital Main Number/Patient Information	301-557-6000
Find a Physician	301-754-8800
Health and Wellness Programs and Classes	301-754-8800
Holy Cross Caregiver Resource Center	301-754-7152
Holy Cross Health Partners at Asbury Methodist Village	301-557-2110
Holy Cross Health Partners in Kensington	301-949-4242
Holy Cross Home Care	301-557-HOME (4663)
Holy Cross Medical Adult Day Center	301-754-7150
Holy Cross Private Home Services	301-754-7780
House Calls Program	301-754-7965 or 301-754-7849

Make a Donation/ Holy Cross Health Foundation	301-557-GIVE (4483)
Outpatient Physical Therapy	301-754-7340
Pain Management Center	301-933-8840
Pre-registration for Surgery	301-754-8300
Sanctuary at Holy Cross	301-557-1400
Senior Source Programs and Classes	301-754-8800
TTY	301-754-7406

Holy Cross Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted. Parlez-vous français? Nous vous fournirons gratuitement un interprète.

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The information contained in this brochure is subject to change at any time. Please refer to [HolyCrossHealth.org](http://HolyCrossHealth.org) for the most up-to-date information.